

ABC's Of Health

Cholesterol

Awareness. . .

Do you have high blood cholesterol? High blood cholesterol is one of the **major risk** factors for heart disease. Your body makes all the blood cholesterol it needs. Eating foods high in fat and cholesterol can make your blood cholesterol higher than it should be.

Without treatment, **high blood cholesterol** can lead to:

- **Heart Disease**
- **Heart Attack**
- **Brain Attack (Stroke)**
- **Death**



Be aware of the risks for high blood cholesterol

- Having a parent, brother, or sister with high blood cholesterol.
- Having diabetes or high blood sugar.
- Being a man ages 35 to 65. Your doctor may recommend the test before 35 or after 65 depending on your risk.*
- Being a woman past menopause or age 45 to 65. Your doctor may recommend the test before 45 or after 65 depending on your risk.*
- Eating a high fat diet.

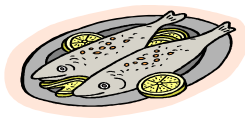


Behavior

- Have your cholesterol checked periodically.*
- Ask your doctor to recommend the frequency for tests depending on your risks or previous test results.*

If you're overweight, lose some weight

- A weight loss of 5 to 10 pounds can lower your cholesterol and your risk of heart disease.
- To maintain weight loss, stay physically active.



Change

Eat less fat

- Eat more fish, chicken, and turkey and fewer fatty meats in general.
- Try not to fry foods, but bake or roast instead.
- Eat at least five servings of fruits and vegetables every day.
- Eat bread or tortillas with little butter or margarine.
- Eat fewer of these foods: Mayonnaise, chips, donuts, and cakes.

Be more active every day

- Take the stairs instead of the elevator.
- Play with your children.
- Try a new activity such as swimming or walking.
- Walk instead of driving when you can.



*US Preventive Services Task Force recommendation

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